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## Recovery from extended day and night schedules

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## **List of Publications**

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## List of publications

### International publications

Werner EL, Merkus SL, Mæland S, Jourdain M, Schaafsma F, Canevet JP, Weerdesteijn KH, Rat C, Anema JR. Physicians' assessments of work capacity in patients with severe subjective health complaints: a cross-sectional study on differences between five European countries. *BMJ Open* 2016;6(7):e011316.

Merkus SL, Holte KA, Huysmans MA, van Mechelen W, van der Beek AJ. Nonstandard working schedules and health: the systematic search for a comprehensive model. *BMC Public Health* 2015;15:1084

Merkus SL, Holte KA, Huysmans MA, Hansen ÅM, van de Ven PM, van Mechelen W, van der Beek AJ. Neuroendocrine recovery after 2-week 12-h day and night shifts: an 11-day follow-up. *Int Arch Occup Environ Health* 2015;88(2):247-57.

Merkus SL, Holte KA, Huysmans MA, van de Ven PM, van Mechelen W, van der Beek AJ. Self-Reported Recovery from 2-Week 12-Hour Shift Work Schedules: A 14-Day Follow-Up. *Saf Health Work* 2015;6(3):240-8.

Merkus SL, van Drongelen A, Holte KA, Labriola M, Lund T, van Mechelen W, van der Beek AJ. The association between shift work and sick leave: a systematic review. *Occup Environ Med* 2012;69(10):701-12.

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Horneland AM, Moen BE, Holte KA, Merkus SL, Ellingsen KL, Carter T, Aas RW, Ulven AJ. Loss of health certificates among offshore petroleum workers on the Norwegian Continental Shelf 2002-2010. *Int Marit Health* 2011;62(4):266-75.

### Dutch publications

van Drongelen A, Boot CR, Merkus SL, Smid T, van der Beek AJ. De effecten van onregelmatige werktijden op toename van lichaamsgewicht. *Tijdschrift voor toegepaste Arbowedenschap* 2011;2011(4):122-130.

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## About the author

Suzanne Merkus was born in Roma, Lesotho (Africa) where her parents gave her a Basotho middle name: Lerato. It means Love. In total she spent 11 years of her childhood in Sub-Saharan Africa, which next to Lesotho included Malaŵi and South Africa. After graduating from secondary school in the Netherlands she went on to study Human Movement Sciences at the VU University in Amsterdam. For her master's research project she returned to Malaŵi for 6 months to study the physical functioning and quality of life of people using assistive technology. She successfully graduated in 2007.

After finishing her studies in Human Movement Sciences, Suzanne moved to Norway. Here she obtained the position as PhD-student at the International Research Institute of Stavanger (IRIS) in 2009 to study the effects of Norwegian offshore shift schedules. In 2010 she was officially accepted into the PhD program at the EMGO institute at the VU University Medical Centre in Amsterdam (the Netherlands). Here she obtained a master's degree in Epidemiology and presented her work at several international conferences. Next to her PhD-project, Suzanne was involved in several projects while working at IRIS on offshore work. While finishing her PhD, she worked part-time at Uni Research Health in Bergen (Norway) from 2014-2016. In 2015, Africa called again and she moved to Angola for 9 months.

Now Suzanne lives and works in Oslo (Norway), where she is a post-doc at the National Institute of Occupational Health studying the effects of physical work load on musculoskeletal disorders.